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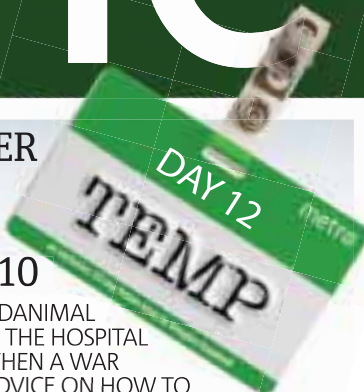
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SHANNON CALMS DANIMAL
IN THE LINEUP FOR THE HOSPITAL
IN SKETCH-VILLE WHEN A WAR
VET DISHES OUT ADVICE ON HOW TO
SCORE MUCH-NEEDED PAINKILLERS **PAGE 10**



Batkid saves San Fran from Londoner

London's own Mike Jutan —
who played the Penguin —
helps 5-year-old's Make-A-
Wish Foundation wish come
true in San Francisco **PAGE 3**

Water rate hike could be on tap at city hall

City staff are recommending
big increases in their water
charges for at least two
years to achieve 'financial
stability' **PAGE 4**

Ford promises 'outright war' in next election

Toronto city council votes to
slash mayor's budget and
hand many duties to deputy
mayor to end chaotic
Monday at city hall **PAGE 6**



This sign was put up on Evans Boulevard near Jackson Road in Summerside after a dog was killed Friday in a hit-and-run. Summerside is just east of Commissioners and Highbury. SCOTT TAYLOR/METRO

Speed control wanted after dog hit, killed by car

'Slow down.' City's
hands tied at this point



SCOTT
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The sign in Summerside is large, handmade and stark.

There are only two words painted on it: "Slow down."

A few metres away, pressed into the road itself, is a prominent bloodstain where Roxxy the Yorkshire terrier was crushed by a car that never stopped Friday evening.

Roxxy was less than a year old and was off her leash when it happened.

Still, it could've been avoided, says the man who

was looking after the terrier for his brother-in-law.

Michael Jansen built the sign imploring motorists to slow down because Evans Boulevard is a haven for speeders.

"It's 50 kilometres per hour there," Jansen said about the speed limit, "but I think it should be 40 because of the (École secondaire Gabriel-Dumont) school."

"At night, I've seen cars go by at over 80 kilometre per hour."

It was a dog this time, Jansen said, but it could easily be a child in the future.

"You shouldn't have to be afraid to leave your own driveway," he said.

A complaint has been filed with the city.

Doug MacRae, the city's division manager of transport, is aware of the incident and understands Jansen's frustration. MacRae's own dog was hit by a car but luckily survived.

Many Londoners are asking for traffic calming measures, like speed bumps, additional stop signs and lower speed limits, he said. But, there's already 10 years worth of projects in queue.

As far as addressing speeding in Summerside, the city's hands are tied, he said, because it hasn't yet taken control of the street from the developer.

"So we don't have the legal authority to make changes to the street," MacRae said.

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Wish granted

The back story on Batkid

San Francisco became Gotham City for the day on Friday thanks to the Make-A-Wish Foundation.

People across the world have been watching in tears as the events are replayed. Everyone — ranging from city bigwigs like Mayor Ed Lee and police Chief Greg Suhr to international media, to the crowds who lined the streets — joined in the fun.

It started with a call from the chief to Batkid. Don't tell anyone, but his secret identity is Miles Scott, 5, from Oregon, who is in remission from leukemia after fighting it for four years.

Batkid swung into action to save a woman tied to railway tracks, then foiled the Riddler's bank robbery and ended the Penguin's evil kidnapping plot.

The day ended with a heartfelt thanks from the mayor and Miles being given the key to the city.

There were even special newspapers, with 1,000 copies of the Gotham City Chronicle handed out, bearing the headline "Batkid saves city."

And Batkid's done more than that. He's taken the world by storm.

Social media went crazy for the story.

U.S. President Barack Obama tweeted about it, and so did new Batman actor Ben Affleck and the last screen Batman, Christian Bale.

MIKE DONACHIE/METRO

San Fran Batkid baddie is London's



Mike Jutan, as the Penguin, taking San Francisco Giants mascot Lou Seal hostage on Friday during Batkid's big day.

GETTY IMAGES

Villain with heart. Londoner speaks of 'amazing' day playing Penguin for San Francisco kid's wish



MIKE DONACHIE
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If you're a vicious crime lord and 10,000 people have gathered to boo you, it's got to be a bad day.

But for Mike Jutan, Friday was the greatest day ever.

For one day only, the Lon-

doner became the Penguin, one of the villains defeated by the unstoppable Batkid in the inspiring story that's been wowing people all over the world.

"I work with Batman," he explained.

By that, Jutan means Eric Johnson, who played the DC Comics hero to help the Make-A-Wish Foundation grant an incredible wish for five-year-old leukemia survivor Miles Scott.

"I had no idea it was going to be this big," said Jutan, who grew up in and still has ties to London.

"When I was asked to do it, I thought we would just

put on some costumes and romp around a playground for 10 minutes for a little kid. It certainly turned into something else."

Three months ago, he was at a barbecue with Johnson, whose wife Sue — who played a damsel in distress on the day — asked him to get involved.

But as the planning continued, the event got bigger and bigger until Jutan, having kidnapped San Francisco Giants mascot Lou Seal, found himself snarling at a massive crowd from the back of a Bentley.

"We kind of closed down the whole city," Jutan laughed.

London's Penguin

- Mike Jutan, 31, is a software engineer with Industrial Light and Magic in San Francisco — the company headed by George Lucas of Star Wars fame.
- Jutan has worked on the Avengers, Transformers and Iron Man movies.
- He was born in Hamilton but moved to London when he was four.
- He went to Sherwood Forest Public School, Orchard Park Public School and London Central Secondary School.
- If you want to buy him a drink, he'll be home for a visit this Christmas.

In full costume as the Penguin, Jutan and his captive were driven from Union Square to AT&T Park, where the final confrontation took place.

Batkid and Batman arrived in their Lamborghini Batmobiles to take him down.

There was an obstacle course, a smoke bomb, a slide and a defeat for the Penguin in his secret lair.

As for Batkid, he's left a lasting impression on his arch-enemy.

"You could see the fight in his eyes," said Jutan. "What a strong-willed kid. He was amazing."

1 NEWS

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Big increases on tap for water rates

Up 7%. Two years of hefty hikes planned as city tries to reach 'financial stability'



MIKE DONACHIE
mike.donachie@metronews.ca

Londoners could face big increases in their water charges for at least two years, but it's all part of prudent planning, councillors are being told.

City staff are recommending that an extra \$55 — an increase of about seven per cent — come out of the average homeowners' pocket

next year, plus a similar amount the following year.

Staff said the city is working toward "financial stability" — that means planned increases of just three per cent in 2016, 2017 and 2018.

What do we get for our extra money?

A shopping list at the end of a Monday presentation to politicians talked of complying with new regulations, capital investments including improvements at the Greenway Pollution Control Plant, and "sound financial management" ensuring reserves of \$17.2 million built up by 2018.

But there's a twist. Charges are increasing despite

Londoners using less water every year, as Coun. Matt Brown pointed out.

"I want to highlight the per-capita water consumption trend that's been dropping year after year for the past 10 years," he said. "We will see usage drop in 2014 as well. I don't see why it wouldn't."

Mayor Joe Fontana agreed.

He said: "There seems a paradox that we continue to ask people to conserve and their costs keep going up."

John Lucas, the city's water and waste water director, said staff will continue to monitor usage very closely in coming years.

In the more immediate fu-

ture, how bills shake out will depend largely on what happens in the upcoming budget process, and there's still a long way to go.

If councillors balk at the increases, they can avoid them by cutting into reserves, reducing spending or even borrowing money, staff said.

Every little bit helps, said water and waste water director John Lucas, and he said staff will monitor the usage very closely in coming years.

But city efforts to encourage people to reduce water use will continue.

An outreach program, including light-hearted videos to be available online, is planned.

City agrees to target industrial land

The city of London is in a buying mood when it comes to industrial land.

- Councillors were in favour Monday night of a staff plan to build up a larger stock of land for development.

- City planner John Fleming said the city should have it ready to sell to potential employers.

- He said London should be attractive to workers, with culture, a vibrant downtown, good neighbour-

hoods and more on offer.

- There are plans, too, for an industrial land development action team, made up of existing city staff.

- Fleming said it would be a 'SWAT team' to help ensure employers can be brought to London.

- The financial aspect of the plans will return to city hall at a private meeting in December, with the policy to return to an open meeting early in 2014.

Sunshine Foundation

London Dreamlift ready to take off to the Magic Kingdom

A plane full of kids will set off on a big adventure Tuesday.

The Sunshine Foundation of Canada is flying 80 children with severe physical disabilities to Walt Disney World's Magic Kingdom.

London Dreamlift is happening thanks to the support of many, including Winners and HomeSense, who helped raise more than \$6.5 million for events that fulfill the dreams of children who face major challenges.

For many of those involved, it's their first chance to travel or to be away from their parents. They will spend a day exploring the magical attraction.

Along to make sure they have a great time will be volunteers from the two companies, plus helpers from London Police Service and medical volunteers from Thames Valley Children's Centre and London Health Sciences Centre.

"We have been proud partners of the Sunshine Foundation since 1999 and are thrilled to play a part in this exceptional day that provides children with a sense of independence and confidence," said Shannon Johnson, spokesperson for Winners and HomeSense. **METRO**



Sheen checks out remote catheter system

Dr. Geoff Pickering, left, gives actor Martin Sheen a tour of his lab Monday at Western University's Roberts Research Institute. Sheen had the chance to try his hand at a state-of-the-art system that allows for remote manipulation of a catheter. The star of shows, including *West Wing*, and movies, such as *Apocalypse Now*, was the keynote speaker at Western's annual Leaders in Innovation Dinner, which celebrates excellence in research.

ANGELA MULLINS/METRO

Mystery surrounds death. Family looking for answers after teen's fall from Blackfriars Bridge

The 19-year-old Fanshawe College student found beneath the Blackfriars Bridge Saturday fell to his death, his father told Metro.

The body of Mate Magdic was found about 1 a.m. Saturday.

Police are still not confirming that Magdic, a St. Thomas native, fell, but his father, Drago, said he's been told that's what happened.

What's unknown is how the well-liked young man fell.

The bridge was closed to motorists and pedestrians earlier this year after it was deemed in need of repairs. But, it's believed some people have since scaled the barriers that block access and warn people to "keep out."

Drago Magdic said he's heard a number of different "rumours" about how his son died.

"One guy says something, another guy says another thing. Police, doctors, everybody," he said.

Asked what they're saying, Magdic replied: "How he fell. If everyone said the same thing, it would be OK, but everyone says something different."

Magdic said he believes his son was with friends.

Mate Magdic enjoyed soccer, snowboarding, skiing and many other sports, his dad said.

He was also a passionate supporter of Croatia's national soccer team.

"He's more Croatian than



The Blackfriars Bridge over the Thames River. ANGELA MULLINS/METRO

I am, and he was born here," Magdic said.

"You know how it is. It's in the blood."

"He was a good guy, nice and polite. He had lots of friends. Everybody loved him."

According to Mate's obituary, he was a member of the St. Leopold Mandic Croatian Church, the Croatian Fraternal Union Lodge 530 Ogulin Club and the Karlovac Club.

Visitation will be from 2 to 4 p.m. and 7 to 9 p.m. Tuesday at Williams Funeral Home in St. Thomas.

The tragedy is reminiscent of a September 2012 incident that saw 23-year-old Garreth Coombes die after falling from the CP rail bridge near Oxford and Gunn streets. He lost his footing while walking across the wooden slats.

SCOTT TAYLOR/METRO

Awareness week. Make a pledge to end bullying

The people of London are being asked to make an important commitment this week.

It's Bullying Awareness and Prevention Week, and people are renewing their commitment to end bullying by Living the Pledge.

Schools, workplaces and organizations across the region are participating in events this week, all designed to end bullying wherever it may be.

Western University is among those taking part. President Amit Chakma has emailed its 42,000 faculty members, employees and students to ask people to join in

Taking a stand

150,950

By Monday, 150,950 people had registered their pledge at thepledgetoendbullying.ca, including those who took part last year.

the pledge "as part of Western's commitment to creating and supporting a healthy, safe and respectful working and learning environment."

On Tuesday, employees at the Thames Valley District School Board's education centre will gather to Live the Pledge. **METRO**

Oh, deer. Drivers told to take caution after crashes

Middlesex OPP are urging people to keep their eyes peeled after responding to 24 deer-related crashes last week.

"Whether the deer are out or the weather is poor, motorists just aren't getting the message," Sgt. Brad Thompson said. "A number of collisions can be avoided by simply easing off the gas pedal. Drivers

need to slow down and keep all their attention on driving."

Along with slowing down, people need to be on the lookout for deer at all times of day, police say.

Drivers also shouldn't veer to miss an animal that moves into their path. Losing control of the vehicle can cause even more problems. **METRO**

Friday. London woman victim of Highway 3 double-fatal crash: OPP

Elgin OPP have identified the second person killed in a three-vehicle crash Friday on Highway 3, about one kilometre east of Belmont Road.

Police say Pamela Keen, 60, of London died after the westbound Pontiac Grand Prix she was driving crossed the centre line at 6:30 p.m., crashing head-on into an east-bound Honda Civic driven by 46-year-old Patrick Harmon

of St. Thomas.

A Dodge Ram pickup truck that was following Harmon then hit the two cars. The driver of the Ram wasn't injured.

Keen died at the scene, while Harmon was taken to hospital, where he died a short time later.

Police are continuing to investigate the cause of the crash. **SCOTT TAYLOR/METRO**

Heinz closure

Province 'worked very hard' to keep plant open: Wynne

The Ontario government did "everything we could" to prevent the closing of the Heinz plant in Leamington, Premier Kathleen Wynne said Monday, under fire from opposition parties over 740 looming layoffs.

Wynne told the legis-

lature she reached out to Heinz officials at least four times before last Thursday's announcement the plant will shut down next year.

"We worked very hard to understand why ... to make sure we understood what the basis of the decision was and to try to intervene," the premier said.

Some of the Leamington production will be moved to a Heinz plant in St. Marys, just north of London. **TORSTAR NEWS SERVICE**



People let the good times roll during a Rock the Park concert. Organizers asked the city for an exemption to the noise bylaw once and the request was denied. **METRO FILE**

Noise exception expected to lead to more requests

Bylaw. Rockin' New Year's Eve organizers to ask Tuesday for louder limit



MIKE DONACHIE
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Noise bylaws are centre stage again this week, and it sounds like they're not going quiet any time soon.

The organizers of the Rockin' New Year's Eve celebration in Victoria Park look set to get an exemption that will let them be louder than anyone

else.

But, it's been predicted, that's going to open some very noisy floodgates and lead to a series of requests for special treatment.

"It's one of those things," said Chris Jones, entertainment co-ordinator for Family Shows Canada, which organizes four summer events in Victoria Park. "If one gets it then everyone is going to want it. Even if they don't want it, people are going to say, 'Why haven't you applied for it?'"

He said noise isn't a big problem for his events. Only once in three years — the 2012 Ribfest — has the city fined a Family Shows Canada

At a glance

The city's noise bylaw:

- Concerts must not be louder than 90 decibels more than 30 metres from the stage after 9 p.m.
- Each performance is allowed "a maximum of five crescendos" over the limit.

worried about it," he added. "We just concentrate on our own stuff."

Rock the Park, however, requested a noise exemption a couple of years ago and was turned down. There have been \$500 fines for Rock the Park, but its organizers said Monday they don't intend to apply again because that would reopen a "can of worms."

The request for an exception for New Year's Eve is before councillors Tuesday night, and city staff has recommended that it be approved.

The event is sponsored by the city, so if it goes over the noise limit the city is, effectively, fining itself.

gathering for breaking the rules.

Once out of 12 events is a good record, said Jones.

"We are not personally too

Report spotlights the Fanshawe effect

The importance of Fanshawe College to London and the surrounding area is being underlined in its latest report to the community.

Full of stories about student, faculty and alumni successes, the 2013 report talks about the college's impact on communities in Southwestern Ontario.

It comes with a companion video, featuring students and graduates at work, which can be seen at fanshawec.ca/unlocked.

Fanshawe is one of Ontario's largest colleges, with 17,000 full-time students, 26,000 part-time students and more than 150,000 alumni.

The report emphasizes its importance to the economy, with campuses in London, St. Thomas, Simcoe and Woodstock. It also talks about the flexibility of programs, and Fanshawe's efforts to focus learning on the workplace.

"The college's new vision

statement, 'Unlocking Potential,' speaks to every aspect of Fanshawe College," said president Peter Devlin. "We intend to become the No. 1 college in Canada for those eager to master the skills and knowledge needed for a prosperous future, and we're proud to share our success stories with our communities." **METRO**



For more local news visit metronews.ca

Fanshawe by the numbers

- Graduation rate is 70 per cent, compared to the provincial average of 65 per cent.
- 86 per cent of students find work within six months of graduation.
- International students increased to 1,025 from 336 four years ago.

50 Shades of Gross. Traces of drugs, STDs found on library books



KIERON
MONKS

Metro World News in London, U.K.

Belgian researchers have discovered traces of drugs and sexually-transmitted diseases in a copy of the popular book 50 Shades of Grey in an Antwerp library. Toxicology professor Jan Tytgat, who ran chemical tests on the library's 10 most-borrowed books, said most of us should not worry.



Why were you doing this test?

We were approached by a TV production house, who were curious to know if there was evidence of micro-organisms or psychotropic substances in public libraries. It made me think, because we know there is cocaine on every U.S. \$100 bill, and even on the surface of rivers, so it could have been a risk on children's books.

So we should stay away from books?

The message is very much that it's still good to go to libraries. There is 100 per cent evidence for cocaine but of no toxicological consequence, and the same for the bacteria — there is no danger.

But why is it there?

Hygiene is one reason; if people don't take care. Also, where books are stored can expose them to contamination.

So this is all totally fine?

I would worry about athletes, as the doping agencies have a zero-tolerance approach, but modern toxicologists can find a needle in a haystack. If you have contact with books, this can leave traces of substance in your system. In the absence of "cut-off" levels that we have in other disciplines, this could ruin careers.

Texas. Students to play game of 'Catch an Illegal Immigrant' on campus

The Young Conservatives of Texas announced Monday they will play a "Catch an Illegal Immigrant Game" this week on the University of Texas at Austin, drawing condemnation from Democrats and stirring passions over an issue that has vexed the border state.

The game is planned for Wednesday when club members will wander the campus wearing signs that say "illegal immigrant." Students who capture them and take them

Quoted

"The YCT is contributing to an environment of exclusion and disrespect among our students, faculty and staff."

Gregory Vincent, vice-president for diversity at the University of Texas at Austin

to the Young Conservatives' recruiting table will get \$25 gift certificates. **THE ASSOCIATED PRESS**

Ruling upheld

Black not allowed to speak to Order of Canada panel

The Federal Court of Appeal has dismissed an application by Conrad Black to personally address an advisory council weighing whether he should be stripped of the Order of Canada. In a decision Monday, the panel upheld a ruling that denied the former media baron his request to plead his case in person. **THE CANADIAN PRESS**

Montreal

Mayor aims to eliminate 'erotic' massage parlours

Montreal's mayor wants to get rid of so-called erotic massage parlours that have multiplied throughout the city. Denis Coderre says he plans to introduce a bylaw with hefty fines attached.

Erotic massage parlours often obtain a permit as a legitimate massage business, hiding their true purpose. **THE CANADIAN PRESS**



Toronto Mayor Rob Ford sits in the council chamber as councillors look to pass motions to limit his powers on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Rob Ford loses even more power

Toronto. Chaotic day ends with city council voting to slash mayor's budget, hand many duties to deputy

This means war

"Mark my words friends, this is going to be outright war in the next election."

Toronto Mayor Rob Ford, who also called council voting overwhelmingly to slash his budget and hand many of his duties to the deputy mayor a "coup d'état," and told councillors, "You guys have just attacked Kuwait."

An extraordinary debate marred by chaotic scenes saw Toronto city council strip Rob Ford of more of his powers Monday, an act he compared to the Iraqi invasion of Kuwait and a declaration of war.

As a shouting match erupted between Ford and members of the public, the besieged

mayor seemed to charge a heckler but instead knocked down a female councillor, leaving her with a bruised lip.

The incident prompted yet another apology from Ford, who at one point was seen making drinking and driving gestures directed at a councillor who police had warned

about impaired driving.

The incidents formed a noise backdrop to the unprecedented debate over neutering the badly wounded mayor.

Blasting what he called a "coup d'état," Ford said voters should be able to pass judgment on him, not his fellow

councillors.

Ultimately, however, it made little difference and council voted overwhelmingly to slash Ford's mayoral budget and hand many of his duties to the deputy mayor.

At the provincial legislature, Finance Minister Charles Sousa called the "antics" in Toronto distressing but showed little appetite for any intervention. And for the first time, the prime minister's office weighed in, saying the government "does not condone illegal drug use, especially by elected officials while in office."

THE CANADIAN PRESS

Calgary mayor to fight defamation suit

Calgary Mayor Naheed Nenshi said Monday he plans to defend himself from what he deemed as "outrageous damages" being sought by Shane Homes founder Cal Wenzel, whose \$6-million defamation lawsuit against the mayor surfaced Friday.

Nenshi made the comments Monday afternoon, but said he still hadn't been formally served with papers.

The lawsuit largely centres

on a surreptitiously filmed video of Wenzel and others in which they appear to be talking about how to get like-minded members elected on city council. It's alleged Nenshi used the video to make Wenzel a "straw man for gainsaying anyone with political views" different from the mayor's on land development and housing.

Nenshi said he finds the claims against him "extremely

disappointing."

"Mr. Wenzel, through his own actions, is the architect of his own situation," he said. "He's the one who decided how he was going to try to influence the election. He's the one who decided to hold that so-called secret meeting. This lawsuit is extremely disappointing, but I'm not surprised by his use of legal action."

ROBSON FLETCHER/METRO IN CALGARY



Calgary Mayor Naheed Nenshi speaks with reporters Monday afternoon.

ROBSON FLETCHER/METRO IN CALGARY

Image of slain teen found on Google Maps

California. Father of murdered 14-year-old asks Google to take down satellite image of crime scene

A San Francisco Bay Area man wants Google Maps to remove a satellite image that shows the body of his 14-year-old son, who was shot and killed in 2009.

Jose Barrera told KTVU-TV over the weekend that he became aware of the image of his son Kevin earlier in the week. He said he wants Google Inc. to take down the image out of respect for his son, but it wasn't clear whether he had asked Google directly to take it down.

Barrera told the news station Sunday that seeing the image brings him "back to a lot of memories."

The image shows what appears to be a body on the ground near a rail line with several other people, presumably investigators, and what looks like a police car nearby.

It was visible on Google's website Monday.

Kevin's body was found on a path near railroad tracks that separate North Richmond from San Pablo on Aug. 15, 2009. His slaying remains unsolved.

Police believe Kevin was killed in the same spot the night before his body was found, said Richmond police Sgt. Nicole Abetkov. They have not established a motive for the slaying nor identified any suspects.

THE ASSOCIATED PRESS



A man stands next to an oversized Google map marker pin at the Google I/O developers conference at the Moscone Center on May 15 in San Francisco. Google Maps cameras have been known to capture some unusual scenes, but the satellite image of a murdered teen in California has the victim's father asking that it be removed. JUSTIN SULLIVAN/GETTY IMAGES

Tragic memories

"When I see this image, that's still like that happened yesterday."

Jose Barrera, speaking about the image of his son Kevin Barrera, who was killed in 2009.

Mapping the globe

An email to Google from The Associated Press was not immediately returned. The company says most of the satellite data it acquires is about one to three years old, although it tries to update it regularly.

- Google Maps also provides a street-view function that allows

people to tour areas as someone passing through them would. Street View displays images that have been gathered by Google using cameras mounted on cars, tricycles and even snowmobiles.

- Some of the images have raised privacy concerns, though Google says its

technology automatically blurs license plates and people's faces. It also allows users to report concerns about the images.

- There is, however, no similar reporting feature for satellite imagery, according to Google.

Daycare's lunch policy leaves a bad taste



A Manitoba mother was surprised last year when her kids came home from daycare with a note informing her she'd be fined because the lunch she'd packed for them — complete with homemade roast beef, potatoes, carrots, an orange and milk — was unbalanced.

And the kicker for Kristen Bartkiw really came when she read how the daycare had balanced the lunches: her five-year-old son and three-year-old daughter were each given Ritz crackers to make up for the missing grain required under the province's school-lunch policy.

"They have certain legislation that they have in place where you have to follow these food groups, but it doesn't matter how processed the foods are or if they're junk food ... so Ritz crackers count as a grain," laughed Bartkiw, 33, who lives in Rosburn, Man., and actually happened to sit on the daycare's board when the letter came home last December.

"I phoned the daycare worker and said 'you know, potatoes, surely I can get away with this,' and they



The note sent home to Kristen Bartkiw, and her husband, Wade.

CONTRIBUTED



didn't actually end up charging me the \$10.

"But it was just the principle of the thing, that it was not considered a healthy lunch that I found ridiculous."

Bartkiw's story was made public Monday on an online blog.

While she understands the policy is intended to encourage parents to make sure their kids are eating whole meals, Bartkiw thinks in many cases the Canada Food Guide can be too broadly interpreted.

"You could send microwave Kraft Dinner everyday and that would count as a grain under the guide," she

Nutrition Policy

- The provincial policy says "a nutritious meal (as outlined in the Canada Food Guide)" must be provided by daycares taking care of children for six or more hours a day, according to the province's website.

said.

"I would encourage parents to not just blindly follow the Canada Food Guide, but really think about eating more real food and not packaged food."

Citizenship

Malta government to make public the names of passport buyers

Malta's government has rolled back one element of its controversial law to sell its citizenship for 650,000 euros (\$916,500), saying it will publish the names of people buying their way into European Union passports.

The government had argued that keeping the names secret would have brought in more money, which was the key goal of the initiative.

Opposition lawmakers and ordinary Maltese had argued that keeping the names secret could have exposed Malta to ill-intentioned citizenship-seekers, including possible terrorists. THE ASSOCIATED PRESS

Public debate

Dick Cheney's daughters divided on gay marriage

Former vice-president Dick Cheney and his wife are calling a timeout as their daughters engage in a testy public debate over gay marriage.

Liz Cheney is running in a Republican primary for a U.S. Senate seat from Wyoming. She told Fox News Sunday she disagrees with her sister Mary Cheney, who is married to a woman, over the topic of same-sex marriage.

Mary Cheney responded on Facebook: "You're just wrong."

Cheney and his wife, Lynne, said in a statement Monday their family has dealt with this issue privately for many years and that they are "pained to see it become public."

THE ASSOCIATED PRESS

Church trial

Methodist pastor defends officiating son's same-sex wedding

A U.S. pastor who could be defrocked for officiating at his son's same-sex wedding pleaded not guilty at a church trial Monday to charges he broke his pastoral vows.

Rev. Frank Schaefer, 51, could face punishment ranging from a reprimand to losing his minister's credentials if a jury comprised of fellow Methodist clergy convicts him of breaking his pastoral vows by presiding over the 2007 ceremony in Massachusetts.

Schaefer could have avoided a trial if he had agreed to never again perform a same-gender wedding, but he declined because three of his four children are gay.

THE ASSOCIATED PRESS

Canadian Red Cross expert sent to handle post-typhoon violence

Preventing a second wave of suffering. Survivors at risk of physical, sexual and emotional abuse



MATT KIELTYKA
Metro in Vancouver

Minutes before boarding for the devastated post-typhoon Philippines, Gurvinder Singh was preparing himself to "expect the unexpected."

Like most Canadians, he's seen images of hardship, destruction and suffering flash across television screens.

Unlike many observers though, Singh is a Canadian Red Cross violence prevention adviser and he knows that the vulnerable, displaced and sick can also become



Post-disaster violence may worsen the plight of survivors already struggling for aid in the typhoon-hit province of Leyte, Philippines. AARON FAVILLA/THE ASSOCIATED PRESS

victims of a second wave of suffering in the form of physical and sexual violence.

"Unfortunately it's a com-

mon thing, we've seen this globally after other disasters," Singh said from the Vancouver International Airport on

Monday. "In those conditions people can become victims of physical, sexual and emotional violence."

Singh will be deployed at the Canadian Red Cross' field hospital in Ormoc, where he and his team will look

Abusing the injured

"We've seen this globally after other disasters"

Gurvinder Singh, violence prevention adviser for the Canadian Red Cross, talking about how violence normally happens in the aftermath of large-scale tragedies.

for signs of abuse among patients. Opportunistic criminality, family stresses and cramped conditions are just some of the risk factors Singh will be working to mitigate.

"I know there will be a lot of human suffering. We're training to expect the unexpected," he said. "The Red Cross has great training. We're prepared. It's a matter of doing your best with the best that you're given."

Ormoc City, in the province of Leyte, is one of the hardest-hit areas in the Southeast Asian country.

High-tech forecasts trim twister death tolls

When a cluster of violent thunderstorms began marching across the Midwest, forecasters were able to draw a bright line across a map showing where the worst of the weather would go.

Their uncannily accurate predictions, combined with television and radio warnings, text-message alerts and storm sirens, almost certainly saved lives when rare late-season tornadoes dropped out of a dark autumn sky. Although the storms howled across 12 states and flattened entire neighbourhoods within a matter of minutes, the death toll stood at just eight.

By Monday, another more prosaic reason for the relatively low death toll came to light: In the hardest-hit town, most families were in church.

"I don't think we had one church damaged," said Gary Manier, mayor of Washington, Ill., a town of 16,000 about 230 kilometres south-west of Chicago.

The tornado cut a path about two hundred metres wide damaging or destroying as many as 500 homes.

Daniel Bennett was offici-



Allen Rawlins checks the remains of his parents' home, hit by a tornado in Kokomo, Ind. AJ MAST/THE ASSOCIATED PRESS

ating Sunday service before 600 to 700 people when he heard a warning. Then another. And another.

"I'd say probably two dozen phones started going off in the service, and everybody started looking down," he said.

What they saw was a text message that a twister was in

Tornado facts

This year has been a mild year in the number of twisters in the U.S., hovering around record lows.

- Sunday's destruction caused at least eight deaths.
- An outbreak like the one that developed Sunday usually happens once every seven to 10 years.

the area.

Weather forecasting has also steadily improved recently with faster, more powerful computers. Scientists are now better able to replicate atmospheric processes into mathematical equations.

In the last decade alone, forecasters have doubled the number of days in advance that weather experts can anticipate major storms, said Bill Bunting of the National Weather Service.

THE ASSOCIATED PRESS



Stylish yes, just not British

Zimbabwe's long-time president Robert Mugabe (seen in a 1991 photo with Queen Elizabeth II), told university graduates earlier this month to disregard his impeccable Western suits and his teacherly use of English: "I am not a colonial product," he said. GILL ALLEN/THE ASSOCIATED PRESS

Environment

Canada named green pariah during UN climate talks

Environment Minister Leona Aglukkaq arrived at a United Nations climate change conference in Warsaw on Monday amid exceedingly low expectations.

A European report released to coincide with the United Nations conference ranks Canada 55th of 58 countries in terms of tackling greenhouse gas emissions, ahead of only Iran, Kazakhstan and Saudi Arabia.

A Washington-based group, the Center for Global Development, issued a separate report Monday ranking Canada dead last on the environment among the world's wealthiest 27 countries.

At home, a new national Environics Institute poll in partnership with the David Suzuki Foundation suggests public confidence in government as the lead actor in addressing climate change has tumbled six percentage points from the 59 per cent recorded a year ago.

THE CANADIAN PRESS

Are we alone? Maven takes off to find out

NASA. Spacecraft due at the red planet by next fall will help scientists answer some existential questions

NASA's newest robotic explorer, Maven, rocketed toward Mars on Monday on a quest to unravel the ancient mystery of the red planet's radical climate change.

The Maven spacecraft is due at Mars next fall following a journey of more than 700 million kilometres.

Scientists want to know why Mars went from being warm and wet during its first billion years to cold and dry today. The early Martian atmosphere was thick enough to hold water and possibly support microbial life. But much of that atmosphere may have been lost to space, eroded by the sun.



A rocket with Maven on board in Cape Canaveral, Fla. NASA/THE ASSOCIATED PRESS

Maven set off through a cloudy sky Monday afternoon in its effort to provide answers.

A question underlying all of NASA's Mars missions to date is whether life could have started on what now seems to be a barren world.

"We don't have that answer yet, and that's all part of our quest for trying to answer, 'Are we alone in the universe?'" in a much broader sense," said John Grunsfeld, NASA's science mission director. **THE ASSOCIATED PRESS**

21 and counting

Maven stands for Mars Atmosphere and Volatile Evolution, with a capital "N" in Evolution.

- It is NASA's 21st shot at Mars. Fourteen of the previous 20 missions have succeeded, the most recent being the Curiosity rover that was launched in 2011 and landed in 2012.
- That's a U.S. success rate of 70 per cent. No other country comes close.

- Curiosity's odometer reads 2.6 miles after more than a year of roving. An astronaut could accomplish that distance in about a day on the Martian surface, noted John Grunsfeld, NASA's science mission director.
- Grunsfeld, a former astronaut, said considerable technology is needed, however, before humans can fly to Mars in the 2030s, NASA's ultimate objective.



You stay classy, Emerson College

It's kind of a big deal that Emerson College is changing the name of its school of communication. The college in Boston will rename the school — for one day only — the Ron Burgundy School of Communication on Dec. 4 to honour the fictitious television anchorman. Actor Will Ferrell, in character, is scheduled to share his path to journalism greatness with students. **FRANK MASI/PARAMOUNT PICTURES/THE ASSOCIATED PRESS**

Here's a new one...

Watchdog puzzled by government underspending

Canada's budget watchdog is asking parliamentarians to get to the bottom of why the Harper government is spending less than it has been authorized.

The Parliamentary Budget Officer says the government has been unable to, or not spent, about \$10 billion that was approved in each of the past three years.

The issue arises again, the PBO says, because the government is asking for an additional \$5.4 billion to spend in the latest supplementary estimates and — given the record — it is unclear whether all, or any of it, is required.

THE CANADIAN PRESS

Across the pond...

Rob Ford isn't the only leader with a video scandal

The Co-operative Group launched an investigation Monday into any "inappropriate behaviour" among its employees after a video emerged of the former chairman of its bank.

Britain's largest mutual society started the review after Paul Flowers apologized "to all I have hurt or failed by my actions," following the video released by the Mail on Sunday. The newspaper reported that Flowers was filmed buying crystal meth, cocaine and ketamine, days after a parliamentary committee grilled him on the bank's disastrous financial performance. **THE ASSOCIATED PRESS**

Crime. RCMP allege American man tried to defraud TD Bank of \$2.5M

Police say an American already facing charges for allegedly impersonating a Canadian deputy minister is now facing more charges for allegedly trying to defraud TD Bank of \$2.5 million.

RCMP have laid eight fraud and forgery charges against Howard Leventhal, 57, of Long Grove, Ill.

The authorities allege Leventhal tried to get a \$2.5-million line of credit from TD Bank in Toronto in July.

The RCMP allege Leventhal tried to secure the line of credit against seven fraudulent accounts receivables he said were owed by

Random biz fact of the day

200

First applications are received 200 seconds after a job is posted.

CAREERBUILDER

Market Minute

DOLLAR
95.86¢ (+0.14¢)

TSX
13,458.06 (-24.50)

OIL
\$93.03 US (-81¢)

GOLD
\$1,272.30 US (-\$15.10)

Natural gas: \$3.62 US (-6¢)
Dow Jones: 15,976.02 (+14.32)

Allegedly not the real McCoy

Prosecutors in the U.S. alleged earlier this year that Leventhal scammed Paragon Financial Group for \$800,000 US.

- Leventhal allegedly assured Paragon he was providing Health Canada with 'Heltheo's McCoy Home Health Tablet.' The device was named after Dr. Leonard McCoy of Star Trek.

Health Canada to his company Neovision.
THE CANADIAN PRESS

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 12

metronews.ca/temp

West of our lives

Like oilsands through the hourglass...

With Alberta's robust economy, buoyed by its resources, worker shortages have been a problem.

The Alberta Human Resources and Employment report of 2006 predicted a worker shortage of 22,000 in 2012; up to 70,000 by 2018; and 114,000 workers short by 2021.

The field that uses seasonal workers is the one that drives the economy: oil and gas. In 2012 there were nearly 40,000 temporary "camp workers" in Northern Alberta — more than 50 per cent of the entire population around the oilsands. **METRO**



THE CANADIAN PRESS

Labour pains

Aging pop. means fewer workers

Long-term projections show that the labour supply growth is projected to fall from the current one per cent to 0.4 per cent between 2019 and 2030, recovering modestly to 0.6 per cent between 2031 and 2050.

THE CANADIAN PRESS

Temp Witnesses the Class Divide

Had there not been stab wounds and vomit everywhere, the hospital lineup could have been fun in a tailgate party kind of way. Our surprise neighbour was Darren, the vet I'd given 20 bucks to after lunch. He was holding a T-shirt up to a wound on his forearm.

"What happened?"

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."

"Who won?"

"He did."

"Here, have a stick of gum." I am nothing if not fresh.

Danial was being a downer. "How hard can it be to get some painkillers?"

"Dan, there are many people here in far worse shape than you. Keep it down."

Darren advised, "If you're looking to score painkillers, man, don't overplay it."

"But I'm in genuine pain."

"Sure, sure. Half the people in this lineup are here just to score some Oxy, but if you overdo it, they'll just tell you to scam."

Dan is practical. "What do I need to know?"

"Tell them your pain is about 8 on a scale of 1 to 10. It hurts, but you've felt worse. And don't scream or make moaning sounds. It irritates them and they're relieved when they don't have to watch someone aiming for an Oscar."

"Good to know."

"And now we stand and wait."

And wait we did. About two hours in Dan asked, "Shannon, have you been here before?"

"No. But I did break my arm rollerblading in Boston four years ago — go Red Sox! Cost me \$19,000, and I'll be in debt until I'm 40. It's why I can't do what I really want to do in life. But I do have a Saint Eustace loyalty card you can borrow if you want."

"Was the emergency area as crowded as this four years ago?"

"Worse. There was a full moon that night."

Finally, it was our turn. Once we hit the front, Dan took a step and something inside him went sideways — he bellowed like a pirate, scaring even me.

"Sir!" said the intake nurse. "This is a hospital. I'll politely ask you to lower your voice."

"My stomach — God, it's like a tractor's driving over it."

"You're in a great deal of pain, are you?"

"Yes. Some idiot slugged me

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."

in the sternum."

"Where did this happen?"

"In a bar."

It didn't take a genius to see Dan was making a bad impression.

"How would you describe your pain, sir?"

"About 8 on a scale of 1 to 10."

The nurse buzzed a security guard. "You're the 10th person tonight to describe your pain that exact same way. I'm afraid I can't help you in your quest for pills, sir. Next!"

Out on the street Darren commiserated. "Sorry dude. Take two of mine."



Random fact of the day

- A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.

SOURCE: DIDYOUKNOWARCHIVE.COM



Dan grabbed them and chewed them like Mentos. Then he collapsed.

TO BE CONTINUED ...

Random biz fact of the day

18 mos.

It's hard being at the top — 40 per cent of executives hired at the senior level are pushed out, fail, or quit within 18 months.

SOURCE: NEXCAREER

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TARGET MARKETING MISSES THE MARK

For over a decade, the PR masterminds at Victoria's Secret have been transforming what is essentially an hour-long television commercial into a highly publicized pop culture event complete with social media hashtags and at-home viewing parties.

This year's installment of the annual holiday fashion show doesn't officially air on prime time television until Dec. 10. But the body glitter-encrusted spectacle exploded all over Twitter and Instagram in real-time during last week's taping, which means I've had plenty of time to consider whether or not the latest \$10-million Royal Fantasy Bra is machine washable.

As always, this year's show featured a cast of beautiful supermodels strutting down the runway in six-inch heels and barely-there outfits which only sort of covered their impossibly perfect bodies. And while I know that these ethereal Angels live in a different realm of reality than us mere mortals (I have some suspicions that Candice Swanepoel might actually be a fembot), I'm happy to indulge in a little escapism and take a peek into their world for this



SHE SAYS
Jessica Napier
metronews.ca

yearly event.

Over the course of the night, I watched as bombshell beauties modelled outrageous lingerie adorned with Swarovski crystals, patterned latex and faux fur details. Outfits were topped off with tiny novelty hats, intricate snowflake headpieces and an abundance of iconic feathered wings.

I understand that the runway show is intended for highly conceptual designs rather than the mass marketed thongs you might find in the "5 for \$25" basket at your local mall, but so much of this year's costumery veered away from beautiful fantasy and straight into WTF territory.

I had a particularly big problem with latest

collection from the brand's PINK line, which is geared towards a younger 15-to-22-year-old demographic. The sexed-up outfits were accessorized with large emoticon-faces, graphic text-speak acronyms and plenty of innocent childlike imagery.

The assortment of bizarre ensembles sent a very confusing and unsettling message about youth, sexuality and popu-

lar culture.

Is this a desperate attempt to target the teenage market by jumping aboard the sexting trend? Was there a backroom full of market researchers who decided that people must be fantasizing about incorporating Japanese emoji symbols into their bedroom attire? Far from sexy, these technology-inspired, technicolour outfits were silly at best and at worst, infantilizing.

I can't be the only person who felt uncomfortable watching adult women prance down a runway in juvenile ensembles that looked as if they had been produced by a group of glue-gun wielding 12-year-olds on an intense sugar high.

The audience tunes in to see something luxurious and glamorous; don't send out hyper-sexualized Punky Brewsters clad in the wackiest wardrobe choices you can come up with and expect me to get on board.

I'm happy to admire a highly implausible, sequined, nude bodysuit modelled on a genetically perfect specimen, but watching a grown woman strut around with balloons shaped like happy faces and ice cream cones tethered to her zebra-print panties is just too much for me.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Scenic landscape or wavy ocean?



ROB ETZEL/SOLENT NEWS

Photo of colourful sunrise deceives

A panorama of rolling hills looks like gentle ocean waves as the sun rises over the farmland. The only signs of life disturbing this tranquil scenery are the outlines of lonely roads and isolated trees. This amazing image by American photographer Rob Etzel was taken in the Palouse region in Washington. **METRO**

Q & A

Dew creates deep green reflection



ROB ETZEL
Software professional
and photographer,
from Portland, Ore.

How did you capture the oceanic, wave-like feel to the landscape? It was all about

where and when I took the photo. I had to hike up and through soaking wet, waist-high wheat fields to get a perfect vantage point — and do this before 5 a.m. when I took the image. In the morning, the dew and water from the irrigation create a deeper green and almost blue reflection off of the wheat fields.

Rolling hills not rocky water

99

per cent of the Palouse region (area: 5,000 square kilometres) has been converted from grasslands and savannas to agricultural land. The Palouse region is the most important lentil-growing farmland in the U.S.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

This month has been a very good one for mobile gaming so far, from premium (for the App Store, anyway) epics to free addictions that will demand daily attention. Here's three that have been eating up our time.

Tiny Death Star:

The publisher name says Disney Mobile, but this is a Nimblebit joint through and through. Like Tiny Apartment and Pocket Planes before it, TDS is all about obsessively building an economy from scratch — in this case managing individual floors of the Death Star and the residents and employees who live there. Obsessive being the key word here, at least for a week or so. (iOS, Android/Free)

Oceanhorn:

A Zelda clone that's also among the most graphically beautiful iOS games ever made. Everything you would expect from a Link adventure — dungeons, treasures, special items — is here, save one unfortunate omission: The clever puzzles are replaced with

Oceanhorn protagonist

CONTRIBUTED

repetitive tasks and environmental engagement is lacking. But, it's still a worthy and fun attempt at an epic adventure and as close as you're going to get to a Zelda on mobile. (iOS/\$8.99)

Boom Beach:

Supercell's follow-up to the absurdly profitable Clash of Clans doesn't finagle with the formula. Once again, you're in charge of growing and commanding an army that, depending on your skills as a general, will conquer enemy islands while keeping your own safe and sound. Just as addictive as Clash, but even earlier on, the strategy seems deeper. (iOS/Free)



Letters

RE: No Sympathy For Welfare Bums, says Todd Devlin, published Nov. 18

Actually, if Todd Devlin was raised by wolves he'd probably be more compassionate than many of the people he talks about.

Blaming the downtrodden and poor has always been a good game conservatives play (note the lower

case) because for the most part conservatives believe the worst of people. They refuse to believe that the vast majority of people 'living the highlife' on welfare would do just about anything to get off it. Instead they point to the few who do abuse the system and claim they're the norm.

It's sad that there's so little compassion anymore in our society.

Pat Brown, London

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

DVD review



The World's End

Director. Edgar Wright

Stars. Simon Pegg, Nick Frost, Martin Freeman

.....

The World's End has an alien invasion, nasty robots, apocalyptic visions and riotously over-refreshed pub crawlers. The scariest thing about it, though, is the unspoken "3" in the title. The final chapter of a movie trilogy rarely works, much less argues the case that it's the best of the three. Not to worry. Concluding their whimsical Cornetto Trilogy of horrifying British foibles, which began with Shaun of the Dead in 2004 and continued with Hot Fuzz in 2007, writer/director Edgar Wright and his co-writer/actor Simon Pegg hit the finish line with pens and guns blazing. And whilst skillfully splicing comedy with sci-fi (a lad's reunion pub crawl collides with an alien invasion), The World's End delivers a pleasant jolt: these guys have actually grown up. The genre-savvy Wright and Pegg have reached middle-age, along with actor chum Nick Frost and other troupe regulars, and there's a bittersweet ripeness to their outlook.

PETER HOWELL

Tokyo Story

Director. Yasujiro Ozu

Stars. Chisu Ryu, Chieko Higashiyama

.....

The original 1953 trailer for Yasujiro Ozu's gentle masterpiece speaks of the "boundless joy and endless grief" of parenthood, a statement that won't sound contradictory to anyone with children. Nowhere are these competing emotions more eloquently expressed than in Tokyo Story, a regular Top 10 finisher in Sight & Sound magazine's decennial poll of film critics and directors ranking history's top films. A new Criterion release on 4K digital Blu-ray gives Tokyo Story its best yet home video release.

PETER HOWELL



Nev Schulman and Max Joseph are the hosts of MTV's Catfish: The TV Series. CONTRIBUTED

On love and lies and a pair of online spies...

Catfish. Metro sits down with the duo who give online romances a big reality check

MICHELLE CASTILLO

Metro World News in London

Realizing that the person you fell in love with isn't perfect can be devastating. Finding out they aren't who they said they were — on TV — is a whole different beast.

For people who have been "catfished" — the slang term for falling in love with someone's fake online persona — reality can be dream-crushing.

We spoke to Nev Schulman and Max Joseph, co-hosts of MTV's Catfish: The TV Series about why it is so easy for people to get duped online. The topic hits close to home for Schulman, who was catfished himself and starred in the 2010 documentary Catfish.

Do you think a lot of people found it hard to believe the Catfish movie was real? You hear the same thing about NFL linebacker Manti Te'o or any of these Catfish episodes.

Max: I can understand when the movie came out that people thought it was too

crazy to be true, and also the fact that people were filming it every step of the way also seems far-fetched. If you knew the whole story, you knew that those guys — Nev's brother and Henry — film everything so the film actually turned into something.

I think what's most interesting is that after the movie came out — forgetting all the controversy if it's real or not — what was even more stunning was the amount of emails that Nev and everyone who made the movie started getting about the exact same experience from people who had a "catfish" situation or was in one. The outpouring of people who identified with these situations was overwhelming, and that's really what gave birth to the show.

Why do you think people can suspend disbelief when they think they have a good thing with a significant other?

Nev: In a lot of cases people who find themselves wrapped up in relationships online are people who are looking for something in their life that they don't have — that might be a career; that could be an experience, that could obviously be a relationship.

Max: We talk a lot about how mystery is the greatest

aphrodisiac. Something we've found out about the show is that when someone only tells you bits and pieces, human nature is to fill in the rest of our own fantasy of who we want the other person to be. It's very easy to do that online. You project onto this person whoever you want. You convince yourself that they are that dude.

Out of all your episodes on the show, was there just one person's case that you thought, "There's no way this could be real?"

Max: Yeah! A lot! There's definitely a bunch of common red flags that we see a lot. Any guy that has perfect abs, that's a red flag. We've never seen that work out where a guy has perfect abs, and it turns out to be the guy.

Also if they say that they are a model of any kind or a hip-hop star or if they're in the same city and they can't meet up for some reason, they are definitely not who they say they are. If they can't get on a web chat like Skype, they're definitely not who they say they are.

Nev: But that's not true Max! I think the one time we were sure was there was a guy who (couldn't) get the other person on the phone! If they can't have a phone conversa-

Bro love

OK, now the real question everyone wants to know. What's up with the bro-mance between you two? Are you kind of surprised that there are conspiracy theories that you two are really together?

- Max and I talk about this a lot. We play with it, and certainly have fun with it. If you really want an answer, obviously the answer is we're both straight. We both have girlfriends.

tion with you, then they are absolutely not who they say they are. And if they say they are a guy, then they're probably a girl that's pretending to be a guy.

I'm one of those people who really wishes for a happy ending. Was there any case that you really wished it was true?

Max: We wish all of them are true! We spend a lot of time with them. We embed ourselves in their lives. We want nothing more than their wishes to come true. Sometimes they seem like they could come true. We're always rooting for the happy ending.

Mac Miller soaks up critical respect, sets off on a Canada-wide tour

Hitting the road. On Wednesday, the rapper began a Canadian tour in Vancouver that will also pass through Calgary, Montreal, Toronto, Halifax and St. John's, N.L.

Before he was even old enough to legally sip a beer in his native U.S., rapper Mac Miller had topped the American album chart and tossed off four gold or platinum singles. When he finally did turn 21, he released a second Top 3 album, one which awarded the once-dismissed MC with a rapidly rehabilitated critical reputation.

So sometimes it's easy to lose sight of just how young Miller is. Even the rapper him-

self does it.

"I always forget that I'm 21. I always be feeling that I'm 45 years old," the cheerful Pittsburgh native said in a telephone interview this week.

"It's funny. I'll be sitting around thinking I'm running out of time — like man, I'm going to be an old rapper soon. (Damn) I'm getting old. Then I'm like, oh, this person didn't put out an album till they were 28? Never mind. We're good.

"Every time I hang out with (L.A. rapper Schoolboy) Q, I realize how much time I have because Q is old as (hell)," Miller continued, in fact using a more colourful word. "He just turned 28 and I keep on telling him that he's going to have to retire soon. He'll have like one album maybe and maybe another one — if he can get it done quickly."

As guileless and gregarious as Miller comes across during

a breezy telephone chat, this was in fact a year in which he started to prove his maturity.

His independently released 2011 debut *Blue Slide Park* topped the U.S. charts and went gold in Canada but turned off many critics who wrote the youngster off as an opportunistic frat-rapper. A particularly scathing one-out-of-10 review in influential website Pitchfork sized Miller up as a "more intolerable version of Wiz Khalifa without the chops, desire or pocket-book for enjoyable beats."

Given such scornful notices, it's fair to say that his sophomore effort — this summer's *Watching Movies With the Sound Off* — arrived as something of a minor revelation. Over appealingly blurry soundscapes, many of which were produced by Miller himself, an emerging talent on the boards, he churns out narcotic musings and melancholic con-

fessions while trading jabs with some of rap's emerging lyrical heavyweights — Earl Sweatshirt, Jay Electronica, Schoolboy Q and Action Bronson.

On Wednesday, he began a Canadian tour in Vancouver that will also hit Calgary, Montreal, Toronto, Halifax and St. John's, N.L. And, with his newfound critical success, he embarks on the trek in a positive mindset.

"It was great to just, like, really have a firm belief in what I was doing and stand by it and fight for it and just kind of trust my own creative thought process, and then have it work out in both reception, quality wise, and also commercial success wise," he says. "It's not necessarily about the numbers but it was great to me that an album like that could sell, and especially on an independent label."

THE CANADIAN PRESS



Rapper Mac Miller performs during the Bonnaroo Music Festival.

DAVE MARTIN/THE CANADIAN PRESS/THE ASSOCIATED PRESS

1500 or Nothin' will be instrumental to the success of Rick Ross' new album

Mastermind. Controversial Miami rapper is bringing in his hand-picked band to set the mood for his latest offering

CHRIS JORDAN
Metro World News in NYC

Since 2006, Rick Ross has been instrumental in bringing attention to rappers like Wale, Omarion and Meek Mill with his Maybach Music Group.

But for his next album, *Mastermind* due out Dec. 17, Ross will be instrumental in bringing something different to his own tracks: instruments.

"We've been in the studio with Jay Z over the summer," Ross says.

"The studio conversation that came up was it was most definitely time to end the two tracks."

By "two tracks" he means laying one vocal track over another track of prerecorded beats. For *Mastermind*, he's increased the number of tracks by 1,500. Well, sort of.

His backing band, dubbed 1500 or Nothin', is a collective of producers, players and artists who have worked with some of hip-hop's heaviest hitters.

Ross says he travelled more than 1,500 miles to find his new live backing band.

"I was looking for a band pretty much over the last year," Ross says.

"I had been looking, of course, in Miami, and in New Orleans I saw a lot of great talent, but the best was this band."

The L.A.-based 1500 or Nothin' includes keyboardists Larrance Dopson and Lamar "Mars" Edward, guitarist Charles "Uncle Chucc" Hamilton, drummer Brody Brown and songwriting ace James Fauntleroy.

The members have



Rick Ross is embracing a new sound new album Mastermind. GETTY IMAGE

worked with Jay Z, Kanye West, Snoop Dogg, Keyshia Cole, Chris Brown and Justin

Timberlake.

The 1500 or Nothin' lineup will expand from eight to 12 players for the live

The price of Ross' fame

Drama. Ross has had his share of drama. He's been in the middle of lawsuits, arrests and beat downs, and he was possibly the target of a drive-by shooting in Florida earlier this year. As his profile has risen, so has attention to his rhymes. In the spring, he made a reference to date rape on a track. A furor ensued

and he was dropped as a spokesman for Reebok. Ross was apologetic after the flare-up.

"To the young men who listen to my music, please know that using a substance to rob a woman of her right to make a choice is not only a crime, it's wrong and I do not encourage it," the rapper said in a statement.

shows, Ross says. "Not only is it the music," he says. "It's about the mood."

Why the sudden change of style for the Miami rapper?

"On my first five albums, I pretty much stayed away from the live element," Ross says.

"I kept it gritty; I kept it dirty; I kept it street. It's time for that next level."

Though 1500 or Nothin' do not appear on *No Games*, the lead-off single from *Mastermind*, they are com-

ing on tour with him.

"It's most definitely a lot more work, most definitely a lot more time," Ross says of working with so many musicians, "but it's something I feel my fans deserve."

He says having a band backing him has changed his perspective on the live experience.

"I'm in between the crowd and the band," he says.

"It's a feeling I can't wait for."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The Lady Gaga Q&A

GABRIELA ACOSTA SILVA
Metro World News in Mexico

With Artpop available now, we grabbed a few minutes with the singer to discuss the hype — and the costume changes.

So we're guessing art, pop and culture are influences in your life?

And they blend together. It's like saying that you and me can be together, or me and my fans — we can all be together in one space and live despite differences or colours. Pop and art are not in conflict with culture; they are part of each other.



So the intention of the album was to put art culture in pop music, a throwback to Andy Warhol.

Give us three words to describe Artpop.

Hate, love and sensuality.

Reviews have been a bit harsh.

The reviews do not bother me, but the rumours or gossip do. Fame provokes a negative energy that causes

instability in me. But I am a woman facing something new every day and, despite constant attacks to me, there is always something good, like my little monsters, who are always there.

The makeovers — are they a disguise? Some type of shield?

Yes, I have many costumes (laughs). That is Lady Gaga. I'm always on the defensive in my professional side. I always wear different clothes and change my outfit to feel stronger. Depending on the day, I am the person I am. If one day I feel weak I will change my hair three times and I will feel like a superwoman. It doesn't matter the colour of hair — it's what makes me feel like a strong woman.



Kristen Bell. ALL PHOTOS GETTY IMAGES

It wasn't exactly puppy love between Bell and her baby bump

Kristen Bell admits she was a bit worried about her bond to her daughter, Lincoln, before she was born in March. "I kept saying to (my husband) Dax (Shepard) in all sincerity

during my pregnancy, 'I just don't know how I'm going to like her as much as I like the dogs,'" she tells Flare magazine. "It could've been a water bottle in my belly, that's

about how connected I felt to her during my pregnancy. But within about 24 hours after she came out, my hormones reset and they reprogrammed my feelings about her."

Man makes off with serious booty using simple celebrity scheme: TMZ

An unidentified man has reportedly made off with thousands of dollars in stolen jewels just by dropping Nick Cannon's name, according to TMZ. The thief, who called himself "Michael," reportedly called retailer Fred Segal claiming that Cannon needed some jewels for his wife, Mariah Carey, and asked that they be delivered to the Roosevelt Hotel in Hollywood. A woman from the store obliged, handing the bounty off to a man at the hotel who appeared to be a security guard who said he would return with cash for the jewels. Unfortunately, that was the last the Fred Segal employee saw of the man.



Nick Cannon



Ireland Baldwin

Baldwin's daughter has her father's back

Ireland Baldwin is sticking up for her dad, Alec Baldwin, in the wake of his alleged use of homophobic language during an altercation with a photographer. "For someone who has battled with anger management issues, my dad has grown tremendously. My dad is far from a homophobe or a racist," the 18-year-old model posted to Twitter. "It takes a lot of strength and support for someone to grow and become a better person. We all say things we don't mean. We all say things we can't take back."

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Trading twirls for leg lifts



Dig deep and embrace your inner dancer with this new exercise routine. CONTRIBUTED

Trend. Madonna loves it, Taylor Swift and Natalie Portman do it — but what the heck is ballet barre? Metro tries out a class and gives you the lowdown

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A dancer's body is strong, lean and flexible — we all saw Natalie Portman and Mila Kunis in *Black Swan*. Who wouldn't want that? Luckily, ballet-inspired classes, called ballet barre, are becoming increasingly popular with the fit-but-not-necessarily-coordinated crowd. Although the workout incorporates elements of pilates, yoga and cardio exercises, it's very much about ballet. And don't worry, most of the time you'll be able to clutch the barre for support.

Whether you're in New York, London or L.A., all ballet barre classes will be structured in (more or less) the same way.

At the Barre Toned Studio in London's Notting Hill, Daft



The workout incorporates a number of different styles. CONTRIBUTED

Punk and Pharrell's *Get Lucky* is blasting in the background (some exercises are done on the beat), and instructor Katharina Klaus is getting the class warmed up with a series of leg lifts and bicep curls.

She has her microphone on and will shout at you if your posture is off or you're not lifting your heels high enough — motivating for some, irritating for others. After that, everyone grabs hold of the barre to work the thighs.

"Your thighs are your largest muscle group, so working them uses up a lot of cal-

ories," Klaus tells us.

At this point in the class, you won't be able to ignore the burn in your quads. For us, the pain was excruciating.

"As soon as we're done with one set of exercises, we stretch. You need to do this when the muscle is still warm, as this will elongate it further and increase flexibility," she explains.

The class then moves to the floor, where Klaus makes us do moves such as the pretzel, floor core and round back to simultaneously work our legs, the core and the waist.

"After round back, we go

The ballet barre playlist

- **Get Lucky.** Daft Punk featuring Pharrell
- **Stay.** Rihanna featuring Mikky Ekko
- **Starships.** Nicki Minaj
- **The Other Side.** Jason Derulo
- **Work Hard Play Hard.** Wiz Khalifa

back to our mats and focus on targeting different abdominal muscles, and mainly the rectus abdominis (your six pack) and the obliques," says Klaus.

Finally, the class closes with a yoga prayer.

All that leg lifting and ab crunching will help you become more toned, flexible and, with time, help you lose weight. According to Klaus, you can burn up to 400 calories in one class.

"You're basically chipping away at any excess fat, toning and lengthening your body as you go along," she tells us.

Yes, even you can develop poise, and lightness of step. Watch out Mila.

Best Health

Crazy about these nuts



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November/December issue of *Best Health*, we show how different nuts stack up in terms of calories, fat and excellent health benefits. All nuts are cholesterol-free and contain heart-healthy omega-3 fats, but they have other advantages, too.

Hazelnuts

These are rich in manganese, an antioxidant with anti-aging properties. Also high in mono-unsaturated fat, the same kind that's in olive oil. One hazelnut has 8.5 calories and 0.8 grams of fat.

Peanuts

They are technically legumes, but just seem to belong in the nut bowl. Peanuts have more protein than any other nut. One peanut has six calories and 0.5 g fat.

Almonds

An antioxidant in almonds protects cells and tissues from diseases such as cancer. And a handful of almonds is a filling snack. One has seven calories and 0.6 g fat.

Pistachios

One ounce of pistachios (49 nuts) has as much potassium as an orange; potassium helps with digestive and muscular function. One has 3.5 calories and 0.3 g fat.

Chestnuts

They are high in complex carbohydrates and keep energy levels steady, while maintaining a healthy nervous system. One has 16 calories and almost zero fat.

Walnuts

Walnuts contain alpha-linolenic acid, an omega-3 that helps maintain brain health and reduce inflammation. A walnut half has 15 calories and 1.4 g fat.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.



3 TIPS

Make the quintessential fall side dish the star of the show

Too often, squash is cut into chunks, then either seasoned and roasted or steamed and mashed. And while both approaches can be delicious, they get tedious year after year. They also don't do the squash justice.

To reinvent the typical squash dishes, here is something with a bit of backbone — Something that stands out and doesn't resemble every other, or any other, dish on the autumn table.

A simple, savoury squash tart is the answer. Not only is it easy to make, it can be prepared ahead of dinner, then briefly reheated just before serving.

1. Heat the oven to 350 F.

2. Unroll the pie crust and set it over a 9-inch tart pan with removable bottom. Gently press the crust into the pan and up the sides. Using your fingers, crimp and remove any excess dough. Refrigerate the crust.

Savoury Butternut Squash Tart



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. Fill a medium saucepan with 2 inches of water, then fit it with a steamer basket. Set the squash in the steamer basket, then bring the water

to a boil. Cover and steam the squash until very tender, about 15 minutes.

4. Transfer the squash to a

Ingredients

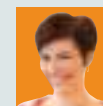
- 9-inch prepared (rolled) pie crust
- 1 3/4 lbs peeled and cubed (about 1/2-inch cubes) butternut squash
- 3 eggs
- 1/4 cup grated Parmesan cheese
- 2 tbsp brown sugar
- 1/2 tsp dried thyme
- 1 tsp salt
- 1/4 tsp ground black pepper

blender or food processor. Process or blend until mostly smooth. Add the eggs, cheese, brown sugar, thyme, salt and pepper, then process again until very smooth.

5. Remove the crust from the refrigerator and set it on a rimmed baking sheet. Carefully pour the squash mixture into the crust, then bake for 25 minutes, or until set at the centre. Cool slightly before cutting into slices. **THE ASSOCIATED PRESS**

Health Solutions

Elk vs. deer in the kitchen



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I had to call my butcher buddy Sam Gundy, co-owner of Olliffe Butcher at Yonge and Summerhill in Toronto, to discover the difference between elk and deer meat.

They are, indeed, different breeds but are culinarily and nutritionally similar.

• Both are farmed and mostly grass fed.

• Elk is more widely available in pepperette and burger form.

• Both are much more lean than beef.

• Each is equally tender.

First timers would be well advised to purchase a cut other than the precious tenderloin and stew it with

hearty flavours like mushrooms and red wine. Work your way up to a tenderloin or rib roast.

Generally, leaner cuts fare better with a low and slow method without salt. Salt can draw moisture from the meat, so salting after it is cooked or using a sauce containing salt will steer you in the right direction.

Get it? Steer?! Oh, wait, that's a cow.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Side. Roasted Squash and Beets with Creamed Garlic

Ingredients

- 1 medium butternut squash, peeled, seeded and cut into 1/2-inch cubes (about 4 cups)
- 4 large beets, peeled and cut into 1/2-inch cubes (about 4 cups)
- 2 tbsp olive oil
- Salt and ground black pepper
- 3/4 cup heavy cream
- 24 cloves garlic, peeled
- 3 tbsp chopped fresh thyme

1. Heat the oven to 400 F.

2. Spread the squash and beets on a rimmed baking sheet. Drizzle with the olive oil and toss to coat. Season with salt and black pepper. Roast for 40 minutes, or until tender and browned, stirring every so often.

3. Creamed garlic: In saucepan over medium heat, combine the cream and the garlic. Bring to a boil, then lower the heat to just below a simmer. There should be just occasional bubbles in the cream. Cook for 45 to 50 minutes, or until the garlic is very tender. Mash the garlic with a fork in the cream, or



transfer everything to a blender and purée until smooth. Stir in the thyme and season with salt and black pepper.

4. Serve the roasted squash and beets drizzled with the garlic cream.

THE ASSOCIATED PRESS

What Matters Now London

Tuesday, November 26, 2013 | 6:30 p.m. to 9 p.m.

London's Children Museum, London, Ontario

Moderated by journalist and broadcaster Piya Chattopadhyay. This free event is part of a province-wide discussion series featuring researchers from Ontario's universities. This event will be webcast live. Remote viewers can have their say and ask questions via Twitter, using the hashtag #whatmattersnow.

Ana Sanchez

Brock University
Can we eradicate infectious diseases?

Lorne Dawson

University of Waterloo
How much of a threat are Canadian terrorists?

Bill Anderson

University of Windsor
How do we improve our borderline relationship to the U.S.?

Jody Culham

Western University
How does the brain control the body?

Stephen Perry

Wilfrid Laurier University
How can we maintain mobility into old age?

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Embracing the \$200,000 baby

Young breadwinners.
Is the next web sensation in your house right now? Here's how to manage the potential pitfalls

MICHELLE CASTILLO
Metro World News

When David DeVore uploaded a video of his son acting loopy after a visit to the dentist, he never imagined that it would become one of the most popular YouTube videos of all time. In fact, he only meant to share it privately with his family, but didn't configure the privacy settings.

"I had no idea what was going to happen," he says. "It was just more of a convenience thing." Then boom. After going viral, the video has nearly 120 million views, netting the family more than \$100,000 US in ad revenue. DeVore quit his job as a real estate agent and is now a full-time parent and manager of the David After



Mobile app millionaire Nick D'Aloisio, age 17. GETTY IMAGES



Charlie Bit My Finger has earned close to \$200,000 US. YOUTUBE

Dentist blog.

DeVore got lucky — like the dad behind Charlie Bit My Finger, which has netted that family close to \$200,000 US. Predicting what will be a hit is tricky, however, and raises the ugly question of whether you're exploiting your child. Here are a few rules to live by:

Don't be obviously fake

The woman who covered the house in flour, pretending the children did it, netted 4 million views — and a ton of backlash that resulted in a non-starter.

Encourage your kids to get behind the camera

Nick D'Aloisio of London was nine when he cut his first film. He learned to program at 11. At 15, his news app, Summly, was funded by venture capitalists, and later sold to Yahoo! for \$30 million US.

But still treat them like kids

D'Aloisio still relies on an allowance from his parents.

Be mindful of exploitation

Would you like someone putting up a video of you pooping



A YouTube video of David DeVore Jr.'s reaction to anesthesia after a visit to the dentist has earned his family more than \$100,000 US in ad revenue. GETTY IMAGES

your pants, or singing about R2D2? "(David) seems to have really embraced his fame," says Katie Elson Anderson, author of the study Configuring Childhood on the Web. "But when he's 20 or 30 looking for a job, how is his fame going to impact

him then? We still don't know," she says.

DeVore says he doesn't force his son to get in front of the camera. "There's temptation there to cram the channel with a lot of different videos, but I would feel uneasy about it."

For the record, DeVore still posts videos of David, but only at his son's request. "To me, it's just a natural evolution of it," he says. "As YouTube goes more and more mainstream, I have no problem with it as long as the kid is enjoying it."



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Taking care of business — part time

Temporary often becomes full time.

Temps can be an important asset. Here are 5 ways to make them feel at home

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Here today, gone tomorrow temps don't always get the same introductory fuss as permanent employees. Companies that don't put enough effort in welcoming temporary workers into the fold may not only be losing productivity but also missing out on a valuable future hire.

Onboarding icebreakers

For temps to be effective they need to be just as much a part of the team as everybody else. "It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together," explains Lynn Roger, senior vice-president and chief talent officer at BMO Financial Group. "A temporary employee is filling a need. That might be for a couple of weeks or that might be for three months. Often times we actually convert temporary employees into permanent employees,"

Make an effort

"It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together."

Lynn Roger, senior vice-president and chief talent officer at BMO Financial Group.

explains Roger.

Never skimp on orientation

"Temporary professionals can contribute a lot more, more quickly, if they have a clear understanding of what is expected from them," weighs in Nicole Parrotta, branch manager at Robert Half's Calgary office. Be sure to give the lay of the land and offer clear direction on the project, the deadlines, and the frequency of required follow-ups. Taking the time to properly set expectations will pay long-term dividends for the company.

Encouragement goes a long way

Whether it's genuine praise for a job well done or constructive criticism to get them back on track, temps typically are putting their best foot forward and want to know if they're performing up to snuff. Plus, providing feedback is a developmental

opportunity. "It's about staying in touch with the person. Give them positive feedback and positive reinforcement. But also be able to answer questions," says Parrotta.

Buddy up

Assign a temp to an office buddy who thoroughly understands the scope of the work they will be doing. The bud can also act as their point of contact and help them navigate their work environment, especially useful in a large office. "It's a small price to pay to make sure they're set up for success even if they are a temporary employee because it could be very temporary that they're temporary," explains Roger.

Long-term conversion potential

Many temps do what they do because they are trying to get their foot in the door and gain an understanding of corporate culture at various companies. The biggest reason many temp is that if you do a great job and play your cards right, there's always the potential it could lead to something more. "If I have a really great temporary resource that comes and joins my team and unfortunately I don't have anything else for them, I would actually encourage them to network and I would open doors for them," says Roger.

It's your temp's first day. How are you going to welcome and integrate him or her into office life? ISTOCK





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Russia

Gay 'propaganda' law passed at bad time: Minister

Russia's sports minister says passing the gay "propaganda" law that sparked calls for boycotting the Sochi Olympics was a mistake — not because of its contents, but because of its timing.

Vitaly Mutko is quoted by the RBK business newspaper as saying, "Perhaps the state authorities should have waited a little ... It was possible to calculate how much resonance it would cause in the West, especially in the run-up to the Sochi Olympics."

The law passed in June bans distributing so-called propaganda of non-traditional sexual relationships to minors. It does not define propaganda.

Mutko also was quoted Monday as saying foreign opposition to the law reflects resentment of Russia's strength.

THE ASSOCIATED PRESS

Drug testing

WADA orders Russian lab to start reforms

Russia's sports minister says there will be reforms made to the laboratory that is to do drug tests at the Sochi Olympics following the threat of suspension by the World Anti-Doping Agency.

On Sunday, WADA gave the Russian lab until Dec. 1 to start reforms to improve the reliability of its results. If the deadline isn't met, it won't be allowed to provide testing facilities for the Olympics in February.

THE ASSOCIATED PRESS



The Maple Leafs' James van Riemsdyk, middle, celebrates scoring against the Buffalo Sabres in Toronto on Saturday. CHRIS YOUNG/THE CANADIAN PRESS

Leafs left searching for their identity

NHL. Between players missing in action and immersing new ones, Buds a work in progress

Call it an identity crisis.

The Leafs enter another week of games having a host of flashpoint issues — Phil Kessel has the flu, Tyler Bozak may be back from injury by Saturday, Nazem Kadri will return from suspension Thursday, Mark Fraser looks like a no-go Tuesday against the Islanders and Dion Phan-

euf doesn't think he's a "prince," contrary to John Scott's beliefs.

But the bottom line for a club that is a loss away from sliding from third to sixth in the Eastern Conference continues to be "identity."

No matter who is in or out of the lineup, the Leafs continue to be a work in progress as far as establishing an identity. Coach Randy Carlyle underlined that situation at Monday's practice and it is now time the players to solve the issue.

"We did enter quicker through the neutral zone and

Doctors make house call

Phil Kessel missed practice Monday with the flu, but the Leafs hope the club's doctors — who visited Kessel at home Monday — can get him into shape for Tuesday's game against the Islanders.

we had a stronger forecheck, and that's the template we look at for our club, that's what we are trying to do with the personnel we have," Carlyle said, referring in part to a more rounded look to the

team in two games with Buffalo over the weekend.

The Leafs remain one of the worst puck-possession teams in the NHL, riding at the moment at about 42 per cent in terms of holding on to the puck. They are trying to remedy that with David Clarkson, Mason Raymond and Dave Bolland as new entries into the top-six forward mix.

A year ago, they had Mikhail Grabovski, Clarke MacArthur and Matt Frattin — and their puck possession numbers were between 15 and 20 per cent higher.

TORSTAR NEWS SERVICE

Riders soaking in hometown Grey Cup hype



Roughriders fans celebrate the team's win in the West Division final over the Stampeders in Calgary on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

The Saskatchewan Roughriders say they can stay focused amid the hype of playing the Grey Cup on home turf in front of their notoriously rabid fans.

Hundreds of fans took to the streets in downtown Regina after the Riders beat the Calgary Stampeders in the CFL West Division final and earned a spot in the Grey Cup.

Riders running back Kory Sheets got a first-hand glimpse of the enthusiasm after the flight back from Calgary late Sunday night.

"You know, it was funny,

me and Terrell Maze were walking through the house last night, somebody stopped their car and got out and was screaming and yelling. It was like, 'Congratulations. Yay!' And then they just got back in the car and pulled off," Sheets said with a laugh at a news conference Monday in Regina.

"I'm expecting a lot of that this week."

Sheets, who signed with the Riders in February of 2012, has never been in Saskatchewan when the team has made it to the Grey Cup. In fact, he says

he hasn't played in a championship game outside of high school.

He says he's getting advice on how to handle the situation from veteran players such as quarterback Darian Durant.

"Darian was telling me last night it's going to be crazy, just might as well soak it all up," said Sheets.

The Roughriders will face the Hamilton Tiger-Cats in this year's championship game, which will be played Sunday at Mosaic Stadium.

THE CANADIAN PRESS

UFC boss calling for probe into St-Pierre victory

MMA controversy.

White wants Nevada governor to investigate surprise split decision by judges at UFC 167

Georges St-Pierre was all smiles Monday, in the wake of his controversial win over Johnny Bigg Rigg Hendricks at UFC 167.

The 32-year-old from Montreal is wearing a big grin and dark glasses to conceal facial damage.

St-Pierre (25-2) took a beating in winning a split (48-47, 47-48, 48-47) decision Saturday over Hendricks that drew criticism from Dana White.



Georges St-Pierre in action during UFC 167 in Las Vegas on Saturday.
ISAAC BREKKEN/THE ASSOCIATED PRESS

The UFC president said GSP won only the third round and called for the Nevada governor to investigate the Nevada State Athletic Commission, which oversees the sport.

After the fight, St-Pierre said he needed to take time away from the sport to deal with some personal issues which he did not detail. White later said the problems were not as bad as the fighter thought and that he expected St-Pierre to return to the cage for a rematch with Hendricks in the future.

St-Pierre received a basic purse of \$400,000 (U.S.) while Hendricks got \$50,000. The UFC awarded both fighters an additional \$50,000 as a fight of the night bonus.

St-Pierre's paycheck would be in the millions given he is the UFC's largest draw and gets a cut of pay-per-view revenue. Hendricks (15-2) would also have made considerably more than the posted figure.

THE CANADIAN PRESS

NFL

Fan faces charges after stadium fall

An unruly football fan who survived a fall from the top

deck of Ralph Wilson Stadium onto a man below during Sunday's game between the New York Jets and Buffalo Bills has been banned from the Orchard Park, N.Y. stadium and could face charges, officials

said Monday.

He and the man he landed on were treated inside the stadium before being taken to a hospital, where they were treated and released, authorities said. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	20	14	6	0	64	50	28
Boston	19	12	6	1	53	36	25
Toronto	20	12	7	1	57	47	25
Detroit	21	9	5	7	54	60	25
Montreal	21	10	9	2	52	45	22
Ottawa	20	8	8	4	58	62	20
Florida	21	5	12	4	46	70	14
Buffalo	22	5	16	1	41	68	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Washington	21	12	8	1	69	59	25
Pittsburgh	20	12	8	0	56	47	24
NY Rangers	20	10	10	0	42	50	20
Carolina	20	8	8	4	39	55	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	21	8	10	3	61	68	19
Columbus	20	7	10	3	52	57	17
Philadelphia	19	7	10	2	35	48	16

Monday's results

Boston at Carolina
Anaheim at Pittsburgh
Calgary at Winnipeg

Sunday's results

Columbus 4 Ottawa 1
Washington 4 St. Louis 1
Los Angeles 1 NY Rangers 0
Chicago 5 San Jose 1
Dallas 2 Vancouver 1
Minnesota 2 Winnipeg 1

Tuesday's games

All Times Eastern
St. Louis at Buffalo, 7 p.m.
NY Islanders at Toronto, 7 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

(Two-game series)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON

Leg 2 — Saturday, November 23

Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 2 — Sunday, November 24

Real Salt Lake at Portland, 9 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	21	14	3	4	78	61	32
Minnesota	21	13	4	4	55	44	30
St. Louis	19	13	3	3	66	46	29
Colorado	19	14	5	0	59	41	28
Dallas	20	11	7	2	58	56	24
Winnipeg	22	10	10	2	57	61	22
Nashville	20	9	9	2	46	63	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	22	15	5	2	71	56	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	20	6	11	3	54	75	15
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.

Ottawa at Philadelphia, 7 p.m.

Nashville at Detroit, 7:30 p.m.

Minnesota at Montreal, 7:30 p.m.

Boston at NY Rangers, 7:30 p.m.

Chicago at Colorado, 9 p.m.

Columbus at Edmonton, 9:30 p.m.

Florida at Vancouver, 10 p.m.

Tampa Bay at Los Angeles, 10:30 p.m.

Wednesday's games

Minnesota at Ottawa, 7:30 p.m.

Pittsburgh at Washington, 8 p.m.

New Jersey at Anaheim, 10 p.m.

Columbus at Calgary, 10 p.m.

CFL PLAYOFFS

DIVISION FINALS

EAST DIVISION

Sunday's result

Hamilton 36 Toronto 24

WEST DIVISION

Sunday's result

Saskatchewan 35 Calgary 13

101st GREY CUP

Sunday, Nov. 24 — All Times Eastern

Hamilton vs. Saskatchewan, 6 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	7	3	.700	2
Chicago	5	3	.625	3
Philadelphia	5	6	.455	4 ^{1/2}
Atlanta	6	4	.600	3
Charlotte	5	5	.500	4
Orlando	4	6	.400	5
Toronto	4	7	.364	5 ^{1/2}
Boston	4	7	.364	5 ^{1/2}
Cleveland	4	7	.364	5 ^{1/2}
New York	3	6	.333	5 ^{1/2}
Detroit	3	6	.333	5 ^{1/2}
Brooklyn	3	6	.333	5 ^{1/2}
Washington	2	7	.222	6 ^{1/2}
Milwaukee	2	7	.222	6 ^{1/2}

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	8	2	.800	1
L.A. Clippers	7	3	.700	2
Golden State	7	3	.700	2
Oklahoma City	6	3	.667	2 ^{1/2}
Houston	7	4	.636	2 ^{1/2}
Minnesota	7	4	.636	2 ^{1/2}
Dallas	6	4	.600	3
Phoenix	5	4	.556	3 ^{1/2}
Memphis	5	5	.500	4
Denver	4	5	.444	4 ^{1/2}
L.A. Lakers	5	7	.417	5
New Orleans	4	6	.400	5
Sacramento	2	7	.222	6 ^{1/2}
Utah	1	10	.091	8 ^{1/2}

x - clinched playoff berth; y - division; z - conference.

Monday's results

Portland at Brooklyn

Charlotte at Chicago

Denver at Oklahoma City

Philadelphia at Dallas

Golden State at Utah

Memphis at L.A. Clippers

Sunday's results

Portland 118 Toronto 110

Memphis 97 Sacramento 86

L.A. Lakers 114 Detroit 99

Tuesday's games

Minnesota at Washington, 7 p.m.

New York at Detroit, 7:30 p.m.

Atlanta at Miami, 7:30 p.m.

Boston at Houston, 8 p.m.

Phoenix at Sacramento, 10 p.m.

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Job Hunting Tip: Book your interviews for after November 30th.

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*"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.